

OSHO speaks on Vigyan Bhairav Tantra

The Book of

SECRETS

-Osho

"Buddhists learned from Vigyan Bhairav. Sufis also have such exercises; they are also borrowed from Vigyan Bhairav. Basically, this is the source book of all techniques which are known all over the world."

- Osho, The Book of Secrets.

One of the most ancient texts and meditation manuals is Shiva's 5000-year-old Vigyan Bhairav Tantra, which is concerned with how to go beyond the mind, to attain glimpses of the consciousness which exists apart from the mind. It is here that one should not be identified with the mind, and this is the fallacy of the West; that we are our minds. For us not to be identified with our minds, to know that the mind is only a moving process, like walking, but not the same as our consciousness, this is the message of the Vigyan Bhairav Tantra, the Ancient Indian text. And all the 112 techniques of meditation are not concerned with how the mind operates, but rather are concerned only about how to find the door outside the mind to find the open sky of consciousness.

The very setting is most amazing. Unlike the neurotic anti-sex fundamentalism of monotheism, primarily Christianity, Islam and all repressive teachings, the setting here is Shiva speaking to Diva, while she is sitting in intercourse on his lap! Tantra sex is a valley of relaxation that energizes each person, verses what we know as sex to be; a peak of energy that is to be released. The words of the Vigyan Bhairav Tantra were originally written in a love language of depth we have yet to fully understand. And in such love, like meditation and death, there is a complete surrendering and letting go to the Tao. This is the setting of the Vigyan Bhairav Tantra.

Complete surrendering itself needs no methods, no techniques, however it is the question of how to surrender, thus the techniques.

Osho, from his commentary on the Vigyan Bhairav Tantra, in the Book of Secrets, under a section commenting on the stop techniques, writes:

"Gurdjieff made these techniques very well-known in the West, but he was not aware of Vigyan Bhairav Tantra. He learned these techniques in Tibet from Buddhist lamas. He worked on these techniques in the West, and many, many seekers came to realized the center through these techniques. He called them stop exercises, but the source of these exercises is Vigyan Bhairav Tantra.

Buddhists learned from Vigyan Bhairav. Sufis also have such exercises; they are also borrowed from Vigyan Bhairav. Basically, this is the source book of all techniques which are known all over the world," says Osho.





Be Aware

When Breathing Stops

The fourth technique:

Or, when breath is all out (up) and stopped of itself, or all in (down) and stopped -- in such universal pause, one's small self vanishes. This is difficult only for the impure. But then it is difficult for everyone because, he says, This is difficult only for the impure. But who is the pure one? It is difficult for you; you cannot practise it. But you can feel it sometimes suddenly. You are driving a car and suddenly you feel there is going to be an accident. Breathing will stop. If it is out, it will remain out. If it is in, it will remain in. You cannot breathe in such an emergency; you cannot afford it. Everything stops, departs.

Or, when breath is all out (up) and stopped of itself, or all in (down) and stopped -- in such universal pause, one's small self vanishes: Your small self is only a daily utility. In emergencies you cannot remember it. Who you are -- the name, the bank balance, the prestige, everything -- just evaporates. Your car is just heading towards another car; another moment and there will be death. In this moment there will be a pause. Even for the impure there will be a pause. Suddenly breathing stops. If you can be aware in that moment, you can reach the goal.

Zen monks have tried this method very much in Japan. That is why their methods seem very weird, absurd, strange. They have done many inconceivable things.

A master will throw someone out of the house. Suddenly the master will begin slapping the disciple without any rhyme or reason, without any cause.

You were sitting with your master and everything was all right. You were just chit-chatting, and he will begin to beat you in order to create the pause. If there is any cause the pause cannot be created. If you had abused the master and he starts beating you there is a causality, your mind understands: "I abused him, and he is beating me."

Really, your mind was expecting it already, so there is no gap. But remember, a Zen master will not beat you if you abuse him, he will laugh, because then laughter can create the pause. You were abusing him and you were saying nonsensical things to him, and you expected anger. But he starts laughing or dancing. That is sudden; that will create the pause. You cannot understand it. If you cannot understand the mind stops, and when the mind stops, breathing stops. Either way -- if breathing stops, the mind stops; if the mind stops, breathing stops.

You were appreciating the master and you were feeling good, and you were thinking, "Now the master must be pleased." And suddenly he takes his staff and begins to beat you -- and mercilessly, because Zen masters are merciless. He begins to beat you; you cannot understand what is happening. The mind stops, there is a pause. If you know the technique, you can attain to your self.

**Mind
movement
needs breath
movement.
Mind moving
fast needs
fast
movement in
breath.
That is why
when you are
in anger, the
breath will
move fast.
In the sex act,
the breath
will move
very fast.**

There are many stories that someone attained Buddhahood because the teacher suddenly started beating him. You cannot understand it -- what nonsense! How can one attain Buddhahood by being beaten by someone, or by being thrown out of the window by someone? Even if someone kills you, you cannot attain Buddhahood. But if you understand this technique, then it becomes easy to understand. In the West particularly, in the last thirty or forty years Zen has become prevalent -- a fashion. But unless they know this technique, they cannot understand Zen. They can imitate it, but imitation is of no use. Rather, it is dangerous. These are not things to be imitated.

The whole Zen technique is based on the fourth technique of Shiva. But this is unfortunate. Now we will have to import Zen from Japan because we have lost the whole tradition; we do not know it. Shiva was the expert par excellence of this method. When he came to marry Devi with his Barat, his procession, the whole city must have felt the pause... the whole city! Devi's father was not willing to marry his girl to this "hippie" -- Shiva was the original hippie. Devi's father was totally against him, and no father would permit this marriage. So we cannot say anything against Devi's father. No father would permit his daughter's marriage to Shiva. But Devi insisted so he had to agree -- unwillingly, unhappily, but he agreed.

Then came the marriage procession. It is said that people began to run, seeing Shiva and his procession. The whole barat must have taken LSD, marijuana. They were "high." And really, LSD and marijuana are just the beginning. Shiva knew and his friends and disciples knew the ultimate psychedelic -- Soma Rasa. Aldous Huxley has named the ultimate psychedelic "soma" only because of Shiva. They were high, just dancing, screaming, laughing. The whole city fled. It must have felt the pause.

Any sudden, unexpected, unbelievable thing can create the pause for the impure. But for the pure there is no need of such things. For the pure, the pause is always there. Often, for pure minds, breathing stops. If your mind is pure -- pure means you are not desiring, hankering, seeking anything -- silently pure, innocently pure, you can be sitting and suddenly your breath will stop. Remember this: mind movement needs breath movement. Mind moving fast needs fast

movement in breath. That is why when you are in anger, the breath will move fast. In the sex act, the breath will move very fast. That is why in Ayurveda- a system of herbal medicine in India- it is said that your life will be shortened if too much sex is allowed. Your life will be shortened, according to Ayurveda, because Ayurveda measures your life in breaths. If your breathing is too fast, your life will be shortened.

Modern medicine says that sex helps blood circulation, sex helps relaxation. And those who suppress their sex may get into trouble -- particularly heart trouble. They are right and Ayurveda is also right, but they seem contradictory. But Ayurveda was invented five thousand years before. Every man was engaged in labour: life was labour, so there was no need to relax, there was no need to create artificial devices for blood circulation.

But now, for those who are not doing much physical labor, sex is their only labor. That is why modern medicine is also right for modern man. He is not doing any physical exertion, so sex gives the exertion: the heart beats more, the blood circulates faster, the breathing becomes deep and goes to the centre. So after the sex act you feel relaxed and you can fall into sleep easily. Freud says that sex is the best tranquilliser, and it is -- at least for modern man.

In sex breathing will become fast; in anger breathing will become fast. In sex the mind is filled with desire, lust, impurity. When the mind is pure -- no desire in the mind, no seeking, no motivation; you are not going anywhere, but just remaining here and now as an innocent pool... not even a ripple -- then breathing stops automatically. There is no need for it.

On this path, the small self vanishes and you attain the higher self, the supreme self.

I think this will do for today.



Shiva - original hippie